Your 2011 Medical Benefit Chart Local PPO Plan

Maine State Employees Health Insurance Program Effective - January 1, 2011

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Doctor and hospital choice You may go to doctors, specialists and hospitals in or out of the network. You do not need a referral. However some benefits may require authorization.		Higher costs may apply for out-of-network services.
Annual deductible • The deductible applies to covered services as noted within each category prior to the copay, if any, being applied.	\$150 Combined innetwork and out-of-network	\$150 Combined innetwork and out-of-network
Inpatient Services		
 Inpatient hospital care Covered services include, but are not limited to, the following: Semi-private room (or a private room if medically necessary). Meals including special diets. Regular nursing services. Costs of special care units (such as intensive or coronary care units). Drugs and medications. Lab tests. X-rays and other radiology services. Necessary surgical and medical supplies. Use of appliances, such as wheelchairs. Operating and recovery room costs. Physical, occupational and speech language therapy services. 	Prior authorization is required. For Medicare-covered hospital stays: \$0 copay per admission. Deductible applies. No limit to the number of days covered by the plan each benefit period \$0 copay for physician services received while an inpatient	Prior authorization is requested. For Medicarecovered hospital stays: 10% coinsurance per admission. Deductible applies. No limit to the number of days covered by the plan each benefit period 10% coinsurance for physician services received while an inpatient

A health plan with a Medicare contract.

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2011 Custom LPPO 0 Plan with \$150 deductible, 10-22-10

Covered Services What you must pay for these covered services		
Important Information	In-Network	Out-of-Network
 Under certain conditions, the following types of transplants are covered: corneal, kidney, kidney-pancreatic, heart, liver, lung, heart/lung, bone marrow, stem cell and intestinal/multivisceral. If you need a transplant, we will arrange to have your case reviewed by a Medicare-approved transplant center that will decide whether you are a candidate for a transplant. If you are sent outside of your community for a transplant, we will arrange or pay for appropriate lodging and transportation costs for you and a companion. Blood – including storage and administration. Coverage of whole blood and package red cells begins only with the first pint of blood that you need. All other components of blood are covered beginning with the first pint used. Physician services. Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital. If possible, plan should be notified of emergency admissions within one (1) business day of admission. 	Medicare-covered hospital stay. Deductible applies.	Medicare-covered hospital stay. Deductible applies.
Inpatient mental health care		
Includes mental health care services that require a hospital stay in a psychiatric hospital or the psychiatric unit of a general hospital	For Medicare- covered hospital stays:	For Medicare- covered hospital stays:
Except in an emergency, your doctor must tell the plan that you are going to be admitted to the hospital. If possible, plan should be notified of emergency admissions within one (1) business day of admission.	Prior authorization is required. Please contact the behavioral health care program associated with your plan.	Prior authorization is requested. Please contact the behavioral health care program associated with your plan.
	\$0 copay per admission. Deductible applies. No limit to the number of days covered by the plan each	10% coinsurance per admission. Deductible applies. No limit to the number of days covered by the plan each

Covered Services What you must pay for the covered services		
Important Information	In-Network	Out-of-Network
Inpatient mental health care (cont)	benefit period	benefit period
	\$0 copay for physician services received while an inpatient during a Medicare-covered hospital stay. Deductible applies.	10% coinsurance for physician services received while an inpatient during a Medicare-covered hospital stay. Deductible applies.
Skilled nursing facility (SNF) care		
Inpatient skilled nursing facility (SNF) coverage is limited to 100 days each benefit period. A "benefit period" begins on the first day you go to a Medicare-covered inpatient hospital or a SNF. The benefit period ends when you have not been inpatient at any	Prior authorization is required. For Medicare- covered SNF	Prior authorization is requested. For Medicare-covered SNF
hospital or SNF for 60 days in a row.	stays:	stays:
Covered services include, but are not limited to, the following:	\$0 copay	10% coinsurance
 Semi-private room (or a private room if medically necessary). 	per admission. Deductible applies.	per admission. Deductible applies.
 Meals, including special diets. 		
Regular nursing services.Physical therapy, occupational therapy and		
speech therapy.		
 Drugs administered to you as part of your plan of care. (This includes substances that are naturally present in the body, such as blood clotting factors.) 		
Blood – including storage and administration. Coverage of whole blood and package red cells begins only with the first pint of blood that you need. All other components of blood are covered beginning with the first pint used.		
 Medical and surgical supplies ordinarily provided by SNFs. 		
 Laboratory tests ordinarily provided by SNFs. 		
 X-rays and other radiology services ordinarily provided by SNFs. 		
Use of appliances such as wheelchairs ordinarily provided by SNFs.		

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
 Skilled nursing facility (SNF) care (cont) Physician services. Generally, you will get your SNF care from plan facilities. However, under certain conditions listed below, you may be able to pay in-network cost sharing for a facility that isn't a plan provider, if the facility accepts our plan's amounts for payment. A nursing home or continuing care retirement community where you were living right before you went to the hospital (as long as it provides skilled 	III-14ctwork	Out-of-fretwork
nursing facility care)A SNF where your spouse is living at the time you leave the hospital		
No prior hospital stay required		
Inpatient services covered when the hospital or SNF days aren't or are no longer covered	After your SNF day limits are used up, this plan will still pay for covered physician services and other medical services outlined in the benefit chart at the deductible and/ocost-share amounts indicated.	
Covered services include:		
Physician services.		
 Tests (like x-ray or lab tests). X-ray, radium and isotope therapy including technician materials and services. 		
• Surgical dressings, splints, casts and other devices used to reduce fractures and dislocations.		
 Prosthetic devices (other than dental) that replace all or part of an internal body organ (including contiguous tissue), or all or part of the function of a permanently inoperative or malfunctioning internal body organ, including replacement or repairs of such devices. 		
 Leg, arm, back and neck braces; trusses and artificial legs, arms and eyes including adjustments, repairs and replacements required because of breakage, wear, loss or a change in the patient's physical condition. 		
 Physical therapy, speech therapy and occupational therapy. 		
Home health agency care		
Covered services include:	Prior authorization may be required for	Prior authorization

Covered Services What you must pay for the covered services		- •
Important Information	In-Network	Out-of-Network
Home health agency care (cont)	selected services.	is requested.
 Part-time or intermittent skilled nursing and home health aide services. (To be covered under the home health care benefit, your skilled nursing and home health aide services combined cannot exceed up to and including eight (8) hours per day or 35 hours per week.) Physical therapy, occupational therapy and speech therapy. Medical social services. Medical equipment and supplies. 	\$0 copay for Medicare-covered home health visits. Deductible applies. DME copay or coinsurance, if any, may apply. Deductible applies.	10% coinsurance for Medicare-covered home health visits. Deductible applies. DME copay or coinsurance, if any, may apply. Deductible applies.
Hospice care		
You may receive care from any Medicare-certified hospice program. Original Medicare (rather than our plan) will pay the hospice provider for the services you receive. Your hospice doctor can be a network provider or an out-of-network provider.	You must receive care from a Medicarecertified hospice.	You must receive care from a Medicarecertified hospice.
You will still be a plan member and will continue to get the rest of your care that is unrelated to your terminal condition through our plan. However, Original Medicare will pay for all of your Part A and Part B services. Your provider will bill Original Medicare for these services while your hospice election is in force.	When you enroll in a Medicare-certified hospice program, your hospice services and your Original Medicare	When you enroll in a Medicare- certified hospice program, your hospice services and your Original
Covered services include:	services are paid for by the	Medicare services are paid for by the
 Drugs for symptom control and pain relief, short-term respite care and other services not otherwise covered by Original Medicare. Home care. 	Original Medicare Plan, not your Medicare Advantage Plan.	Original Medicare Plan, not your Medicare Advantage Plan.
 Hospice consultation services (one time only) for a terminally ill person who hasn't elected the hospice benefit. 	You pay a \$0 copay for the one time only hospice consultation to a network primary care physician. Deductible does not apply.	You pay a 10% coinsurance for the one time only hospice consultation to an out-of-network primary care physician.
	You pay a \$0 copay for the one time only hospice consultation to a network specialist.	Deductible does not apply. You pay a 10% coinsurance for

Covered Services What you must pay for the covered services		
Important Information	In-Network	Out-of-Network
Hospice care (cont)	Deductible does not apply.	the one time only hospice consultation to an out-of-network specialist. Deductible does not apply.
Outpatient Services		
Physician services, including doctor's office visits		
Covered services include:	\$0 copay per visit	10% coinsurance
 Office visits, including medical and surgical services in a physician's office or certified ambulatory surgical center. Consultation, diagnosis and treatment by a specialist. Hearing and balance exams, if your doctor orders it to see if you need medical treatment. Telehealth office visits including consultation, diagnosis and treatment by a specialist. Second opinion by another plan provider prior to surgery. Physician services rendered in the home. Outpatient hospital services. Non-routine dental. Covered services are limited to surgery of the jaw or related structures, setting fractures of the jaw or facial bones, extraction of teeth to prepare the jaw for radiation. Treatments of neoplastic cancer disease, or services that would be covered when provided by a doctor. Allergy testing and allergy injections. 	to a network primary care physician (PCP) for Medicare-covered services. Deductible applies. \$0 copay per visit to a network specialist for Medicare-covered services. Deductible applies. \$0 copay for allergy testing or for allergy injections. Deductible applies.	per visit to an out- of-network primary care physician (PCP) for Medicare- covered services. Deductible applies. 10% coinsurance per visit to an out-of-network specialist for Medicare-covered services. Deductible applies. 10% coinsurance for allergy testing or for allergy injections. Deductible applies.
Chiropractic services	Prior authorization	Prior authorization
Covered services include:	may be required.	is requested.
Manual manipulation of the spine to correct subluxation.	\$0 copay for each Medicare- covered visit. Deductible applies.	10% coinsurance for each Medicare- covered visit. Deductible applies.

Covered Services What you must pay for the covered services		
Important Information	In-Network	Out-of-Network
Podiatry services		
 Treatment of injuries and disease of the feet (such as hammer toe or heal spurs) 	\$0 copay for each Medicare-	10% coinsurance for each Medicare-
 Medicare-covered routine foot care for member with certain medical conditions affecting the lower limbs. A foot exam is covered every six (6) months for people with diabetic peripheral neuropathy and loss of protective sensations. 	covered visit. Deductible applies.	covered visit. Deductible applies.
Outpatient mental health care, including partial hospitalization services		
Mental health services provided by a doctor, clinical psychologist, clinical social worker, clinical nurse specialist, nurse practitioner, physician assistant or other mental health care professional as allowed under applicable state laws. "Partial hospitalization" is a structured program of active treatment that is more intense than the care received in your doctor's or therapist's office and is an alternative to inpatient hospitalization.	Prior authorization may be required after the 12th visit. Please contact the behavioral health care program associated with your plan.	Prior authorization is requested after the 12th visit. Please contact the behavioral health care program associated with your plan.
	\$0 copay for each Medicare-covered professional individual therapy visit. Deductible applies.	10% coinsurance for each Medicare-covered professional individual therapy visit. Deductible applies.
	\$0 copay for each Medicare- covered professional group therapy visit. Deductible applies. \$0 copay	10% coinsurance for each Medicare-covered professional group therapy visit. Deductible applies.
	for each Medicare-covered professional partial hospitalization visit. Deductible applies.	10% coinsurance for each Medicare-covered professional partial hospitalization visit.
	\$0 copay for each Medicare- covered outpatient	Deductible applies. 10% coinsurance

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Outpatient mental health care, including partial hospitalization services (cont)	hospital individual therapy visit. Deductible applies. \$0 copay for each Medicare-covered outpatient hospital group therapy visit. Deductible applies \$0 copay for each Medicare-covered partial hospitalization visit. Deductible applies.	for each Medicare-covered outpatient hospital individual therapy visit. Deductible applies. 10% coinsurance for each Medicare- covered outpatient hospital group therapy visit. Deductible applies. 10% coinsurance for each Medicare- covered partial hospitalization visit. Deductible applies.
Outpatient substance abuse services		
	Prior authorization may be required after the 12th visit. Please contact the behavioral health care program associated with your plan.	Prior authorization is requested after the 12th visit. Please contact the behavioral health care program associated with your plan.
	\$0 copay for each Medicare-covered professional individual therapy visit. Deductible applies. \$0 copay for each Medicare- covered professional group therapy visit.	10% coinsurance for each Medicare-covered professional individual therapy visit. Deductible applies. 10% coinsurance for each Medicare-covered professional

overed Services What you must pay for the covered services	
n-Network	Out-of-Network
uctible applies.	group therapy visit.
copay for each dicare-covered patient hospital individual herapy visit. uctible applies. copay for each dicare-covered patient hospital up therapy visit. uctible applies.	Deductible applies. 10% coinsurance for each Medicare-covered outpatient hospital individual therapy visit. Deductible applies. 10% coinsurance for each Medicare-covered outpatient hospital group therapy visit. Deductible applies.
or authorization	Prior authorization
required for JPPP, gastric resity surgery, Arthroscopy houlder/knee) argery and all ically necessary metic surgery.	is requested for UPPP, gastric obesity surgery, Arthroscopy (shoulder/knee) surgery and all medically necessary cosmetic surgery.
60 copay for ach outpatient pital facility or ulatory surgical center visit for surgery. uctible applies. 60 copay for ch Medicare- ared observation room stay.	10% coinsurance for each outpatient hospital facility or ambulatory surgical center visit for surgery. Deductible applies. 10% coinsurance for each Medicarecovered observation room stay.
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Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Outpatient hospital services, non-surgical		
	\$0 copay for a visit to a physician in an outpatient hospital setting/clinic for non-surgical services. Deductible applies.	10% coinsurance for a visit to a physician in an outpatient hospital setting/clinic for non-surgical services. Deductible applies.
	\$0 copay for each Medicare-covered observation room stay. Deductible applies.	10% coinsurance for each Medicare-covered observation room stay. Deductible applies.
Ambulance services Covered ambulance services include fixed wing, rotary wing and ground ambulance services to the nearest appropriate facility that can provide care only if they are furnished to a member whose medical condition is such that other means of transportation are contraindicated (could endanger the person's health). The member's condition must require both the ambulance transportation itself and the level of service provided in order for the billed service to be considered medically necessary. Non-emergency transportation by ambulance is appropriate if it is documented that the member's condition is such that other means of transportation are contraindicated (could endanger the person's health) and that transportation by ambulance is medically required. Ambulance service is not covered for physician office visits.	from network providers and requested from out-of-network providers. \$0 copay for Medicare-covered ambulance services Cost share, if any, is applied per one-way trip for Medicare-covered	
 This coverage is worldwide and is limited to what is allowed under the Medicare fee schedule for the services performed/received in the United States. Emergency care copay is waived if the member is admitted to the hospital within 72 hours for the same condition. 	\$0 copay for each N emergency r Deductible do	oom visit.

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
 Urgently needed care is available on a worldwide basis. If you are outside of the service area for your plan, your plan covers urgently needed care, including urgently required renal dialysis. Your plan also covers urgently needed care if you are within the plan's service area, but it isn't reasonable under the circumstances to obtain medical care from a network provider. Generally, however, if you are in the plan's service area and your health is not in serious danger, you should obtain care from a network provider. Urgently needed care copay is waived if the member is admitted to the hospital within 72 hours for the same condition. 	\$0 copay for each Medicare-covered urgently needed care visit. Deductible does not apply.	
Outpatient rehabilitation services Physical therapy, occupational therapy, speech and language therapy, cardiac rehabilitation services, intensive cardiac rehabilitation services, pulmonary rehabilitation services and Comprehensive Outpatient Rehabilitation Facility (CORF) services, in outpatient, office or home setting. Cardiac rehabilitation therapy is covered for patients who have had a heart attack in the last 12 months, have had coronary bypass surgery and/or have stable angina pectoris, have had a heart valve repair/replacement, angioplasty or coronary stenting or have had a heart or heart-lung transplant or other cardiac conditions as specified through a national coverage determination (NCD).	Prior authorization may be required for physical therapy, occupational therapy and speech therapy. \$0 copay for Medicare-covered physical, speech and occupational therapy visits. Deductible applies. \$0 copay for Medicare-covered cardiac and pulmonary rehabilitation visits. Deductible applies.	Prior authorization is requested for physical therapy, occupational therapy and speech therapy. 10% coinsurance for Medicare-covered physical, speech and occupational therapy visits. Deductible applies. 10% coinsurance for Medicare-covered cardiac and pulmonary rehabilitation visits. Deductible applies.

Covered Services What you must pay for covered services		
Important Information	In-Network	Out-of-Network
Durable medical equipment (DME) and related supplies		
Covered items include: wheelchairs, crutches, hospital bed, IV infusion pump, oxygen equipment, nebulizer and walker. Copay/coinsurance only applies when you are not currently receiving inpatient care. If you are receiving inpatient care your DME will be included in the copay or coinsurance for those services.	Prior authorization is required for power operated vehicles, power wheelchairs and accessories, non-standard	Prior authorization is requested for power operated vehicles, power wheelchairs and accessories, non-standard
	wheelchairs and non-standard beds. \$0 copay on all Medicarecovered DME. Deductible applies.	wheelchairs and non-standard beds. 10% coinsurance on all Medicarecovered DME. Deductible applies.
Prosthetic devices and related supplies		
Devices (other than dental) that replace a body part or function. These include, but are not limited to, colostomy bags and supplies directly related to colostomy care, pacemakers, braces, prosthetic shoes, artificial limbs and breast prostheses (including a surgical brassiere after a mastectomy). Includes certain supplies related to prosthetic devices and repair and/or replacement of prosthetic devices.	Prior authorization is required for prosthetics and orthotics. \$0 copay on all Medicare- covered prosthetics and orthotics. Deductible applies.	Prior authorization is requested for prosthetics and orthotics. 10% coinsurance on all Medicare- covered prosthetics and orthotics. Deductible applies.
Diabetes self-monitoring training and supplies		
For all people who have diabetes (insulin and non-insulin users)	For Medicare- covered:	For Medicare- covered:
 Covered services include: blood glucose monitor, blood glucose test strips, lancet devices and lancets and glucose control solutions for checking the accuracy of test strips and monitors. 	\$0 copay for a 30-day supply on each purchase of glucose	10% coinsurance for a 30-day supply on each purchase of
• One (1) pair per year of therapeutic custom-molded shoes (including inserts provided with such shoes) and two (2) additional pairs of inserts, or one (1) pair of depth shoes and three (3) pairs of inserts (not including the non-customized removable inserts provided with such shoes) for people with diabetes who have severe diabetic foot disease.	test strips, urine test strips, lancet devices and lancets and glucose control solutions for checking the accuracy of test strips and monitors. Deductible	glucose test strips, urine test strips, lancet devices and lancets and glucose control solutions for checking the accuracy of test strips and monitors. Deductible

Covered Services What you must pay for thes covered services		
Important Information	In-Network	Out-of-Network
Important Information	III-Network	Out-of-Network
Diabetes self-monitoring training and supplies (cont)	applies.	applies.
 Self-management training is covered under certain conditions. For persons at risk of diabetes, fasting plasma glucose tests are covered. 	\$0 copay for blood glucose monitor and therapeutic shoes. Deductible applies. \$0 copay for self-management training. Deductible applies. \$0 copay for fasting plasma glucose tests covered up to twice a year. Deductible applies.	10% coinsurance for blood glucose monitor and therapeutic shoes. Deductible applies. 10% coinsurance for selfmanagement training. Deductible applies. 10% coinsurance for fasting plasma glucose tests covered up to twice a year. Deductible applies.
Medical nutrition therapy		
For people with diabetes, renal (kidney) disease (but not on dialysis) and after a transplant when referred by your doctor	\$0 copay for each Medicare-covered visit. Deductible applies.	10% coinsurance for each Medicare- covered visit. Deductible applies.
Kidney disease education services		
Education to teach kidney care and help members make informed decisions about their care. For people with stage IV chronic kidney disease when referred by their doctor. We cover up to six (6) sessions of kidney disease education services per lifetime.	\$0 copay for each Medicare- covered session Deductible applies.	10% coinsurance for each Medicare- covered session. Deductible applies.
Outpatient diagnostic tests, therapeutic services and supplies		
 Covered services include: X-rays. Complex diagnostic tests and x-rays. Radiation/chemotherapy. 	Prior authorization may be required for complex imaging, as well as limited diagnostic and therapeutic	Prior authorization is requested for complex imaging, as well as limited diagnostic and therapeutic
Surgical supplies, such as dressings.Supplies, such as splints and casts.	radiology services including but not limited to	radiology services including but not limited to

overed Services What you must pay for these covered services		
Important Information	In-Network	Out-of-Network
Outpatient diagnostic tests, therapeutic services and supplies (cont) • Laboratory tests. • Blood – including storage and administration. Coverage of whole blood and package red cells begins only with the first pint of blood that you need. All other components of blood are covered beginning with the first pint used. Certain diagnostic tests and x-rays are considered complex and include heart catheterizations, sleep studies, computed tomography (CT), magnetic resonance procedures (MRIs and MRAs) and nuclear medicine studies, which includes PET scans.	injectable/infusible medications, radiation therapy, PET, echocardiograms, CT, SPECT and MRI scans. \$0 copay for each Medicare-covered x-ray visit. Deductible applies. \$0 copay for each Medicare-covered complex diagnostic radiology visit. Deductible applies. \$0 copay for each Medicare-covered radiation therapy & chemotherapy treatment. Deductible applies. \$0 copay for supplies. \$0 copay for supplies. \$0 copay for supplies. Deductible applies. \$0 copay for each Medicare-covered clinical/diagnostic lab test. Deductible applies. \$0 copay per pint of blood. Deductible does not apply.	injectable/infusible medications, radiation therapy, PET, echocardiograms, CT, SPECT and MRI scans. 10% coinsurance for each Medicare-covered x-ray visit. Deductible applies. 10% coinsurance for each Medicare- covered complex diagnostic radiology visit. Deductible applies. 10% coinsurance for each Medicare- covered radiation therapy & chemotherapy treatment. Deductible applies. 10% coinsurance for supplies. 10% coinsurance for supplies. 10% coinsurance for supplies. 10% coinsurance for each Medicare- covered clinical/ diagnostic lab test. Deductible applies. 10% coinsurance for each Medicare- covered clinical/ diagnostic lab test. Deductible applies. 10% coinsurance for each Medicare- covered clinical/ diagnostic lab test. Deductible does not apply.

Covered Services	What you must covered s	
Important Information	In-Network	Out-of-Network
 Vision care Covered services include: Outpatient physician services for eye care. For people who are at high risk of glaucoma, such as people with a family history of glaucoma, people with diabetes and African-Americans who are age 50 and older: glaucoma screening once per year. Eye exams: An eye exam to check for diabetic retinopathy once every 12 months. One (1) pair of eyeglasses or contact lenses after each cataract surgery that includes insertion of an intraocular lens. Corrective lenses/frames (and replacements) needed after a cataract removal without a lens implant. 	For Medicare- covered services: \$0 copay for visits to a network primary care physician for exams to diagnose and treat diseases of the eye \$0 copay for visits to a network specialist for exams to diagnose and treat diseases of the eye. Deductible applies. \$0 copay for glaucoma screening Deductible does not apply. \$0 copay for glasses/ contacts following cataract surgery. Deductible applies.	For Medicare- covered services: 10% coinsurance for visits to an out- of-network primary care physician for exams to diagnose and treat diseases of the eye 10% coinsurance for visits to an out- of-network specialist for exams to diagnose and treat diseases of the eye. Deductible applies. 10% coinsurance for glaucoma screening Deductible does not apply. 10% coinsurance for glasses/ contacts following cataract surgery. Deductible applies.
Preventive Care and Screening Tests		
Abdominal aortic aneurysm screening A one-time screening ultrasound for people at risk. The plan only covers this screening if you get a referral for it as a result of your "Welcome to Medicare" physical exam.	\$0 copay for Medicare-covered screening. Deductible does not apply. If an office visit, other than a routine	10% coinsurance Medicare-covered screening. Deductible does not apply. If an office visit, other than a routine

Covered Services	ervices What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Abdominal aortic aneurysm screening (cont)	physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Bone mass measurements For qualified individuals (generally, this means people at risk of losing bone mass or at risk of osteoporosis), the following services are covered every two (2) years or more frequently if medically necessary: procedures to identify bone mass, detect bone loss, or determine bone quality, including a physician's interpretation of the results.	\$0 copay for Medicare-covered bone mass measurement. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	10% coinsurance for Medicare-covered bone mass measurement. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.

overed Services What you must pay for these covered services		
Important Information	In-Network	Out-of-Network
Colorectal screening		
For people 50 and older, the following are covered:	\$0 copay for Medicare-covered	10% coinsurance for Medicare-
• Flexible sigmoidoscopy (or screening barium enema as an alternative) every 48 months.	screenings. Deductible does	covered screenings. Deductible does
 Fecal occult blood test, every 12 months. 	not apply.	not apply.
For people at high risk of colorectal cancer, the following are covered:	If an office visit, other than a routine physical exam, is	If an office visit, other than a routine physical
• Screening colonoscopy (or screening barium enema as an alternative) every 24 months.	billed in addition to the preventive service, a \$0 copay	exam, is billed in addition to the preventive service,
For people not at high risk of colorectal cancer, the following is covered:	will be applied for office services	a 10% coinsurance will be applied for
• Screening colonoscopy every 10 years, but not within 48 months of a screening sigmoidoscopy.	received from a network primary care physician, or a \$0	office services received from an out-of-network
In the event the procedure goes beyond a screening exam and involves biopsy or removal of any growth during the procedure, the procedure will be considered outpatient surgery, and the outpatient surgery member copayment will apply.	copay will be applied for office services received from a network specialist.	primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
HIV screening		
For people with Medicare who are pregnant and people at increased risk for the infection, including anyone who asks for the test • Covered once every 12 months for persons	\$0 copay for Medicare- covered screening. Deductible does not apply.	10% coinsurance for Medicare- covered screening. Deductible does not apply.
 without a pregnancy diagnosis Covered up to three (3) times during a pregnancy 	If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care	If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an

Covered Services What you must pay for the covered services		
Important Information	In-Network	Out-of-Network
HIV screening (cont) Medicare Part B Immunizations	physician, or a \$0 copay will be applied for office services received from a network specialist.	out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Covered services include:	\$0 copay for	\$0 copay for
Pneumonia vaccine.	Medicare-covered	Medicare-covered
• Flu shots, including H1N1, once a year in the fall or winter.	immunizations. Deductible does	immunizations. Deductible does
• If you are at high or intermediate risk of getting Hepatitis B: Hepatitis B vaccine.	not apply. If an office visit,	not apply. If an office visit,
Other vaccines if you are at risk.	other than a routine	other than a
If Part D prescription drug coverage is included with your medical plan, we also cover some vaccines under our outpatient prescription drug benefit.	physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Mammography screening		
You can get this service on your own, without a referral from your provider.	Prior authorization is required for CT scans, MRIs and	Prior authorization is requested for CT scans, MRIs
• One (1) baseline exam between the ages of 35 and 39	PET scans of the	and PET scans of
One (1) screening every 12 months for women age 40 and older	breast for non- emergent services.	the breast for non- emergent services.

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Mammography screening (cont)	\$0 copay for Medicare-covered screening exams. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	10% coinsurance for Medicare-covered screening exams. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Pap test, pelvic exam and clinical breast exam	ΦΟ	100/:
Covered services include: For all women, Pap tests, pelvic exams and clinical breast exams once every 24 months.	\$0 copay for Medicare-covered screening exams. Deductible does	10% coinsurance for Medicare- covered screening exams.
If you are at high risk of cervical cancer or have had an abnormal Pap test and are of childbearing age: one (1) Pap test every 12 months.	not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0	Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an

Covered Services What you must pay for these covered services		
Important Information	In-Network	Out-of-Network
Pap test, pelvic exam and clinical breast exam (cont)	copay will be applied for office services received from a network specialist.	out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Prostate cancer screening exams		
For men age 50 and older, the following are covered once every 12 months: • Digital rectal exam. • Prostate Specific Antigen (PSA) test.	\$0 copay for Medicare-covered screening exams. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	10% coinsurance for Medicare-covered screening exams. Deductible does not apply. If an office visit, other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Cardiovascular disease testing Blood tests for the detection of cardiovascular disease (or abnormalities associated with an elevated risk of cardiovascular disease) every five (5) years	\$0 copay for Medicare- covered tests. Deductible does not apply.	10% coinsurance for Medicare- covered tests. Deductible does not apply.
	If an office visit,	If an office visit,

Covered Services What you must pay for these covered services		
Important Information	In-Network	Out-of-Network
Cardiovascular disease testing (cont)	other than a routine physical exam, is billed in addition to the preventive service, a \$0 copay will be applied for office services received from a network primary care physician, or a \$0 copay will be applied for office services received from a network specialist.	other than a routine physical exam, is billed in addition to the preventive service, a 10% coinsurance will be applied for office services received from an out-of-network primary care physician, or a 10% coinsurance will be applied for office services received from an out-of-network specialist.
Other Services		
Physical exams Routine physical exams (limited to one (1) exam per year) are performed without relationship to treatment or diagnosis for specific illness, symptom, complaint, or injury and are not required by a third party (i.e., insurance companies, business establishments, governmental agencies). Includes measurement of height, weight, body mass index, blood pressure, visual acuity screen and other routine measurements; an electrocardiogram; education, counseling and referral with respect to covered screening and preventive services. Routine labs and x-rays ordered in conjunction with the physical exam are covered under "Outpatient diagnostic tests and therapeutic services and supplies" unless otherwise specified in this benefit chart.	\$0 copay for services rendered by a network primary care physician (PCP) \$0 copay for services rendered by a network physician specialist Deductible does not apply.	10% coinsurance for services rendered by an out-of- network primary care physician (PCP) 10% coinsurance for services rendered by an out-of-network physician specialist Deductible does not apply.
Personalized prevention plan services (Annual Wellness Visit) Available to members in the first 12 months that they have Medicare Part B or 12 months after the member has the one-time	\$0 copay for services rendered by a network primary care	\$0 copay for services rendered by an out-of-

Covered Services	ered Services What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Personalized prevention plan services (Annual Wellness Visit) (cont) initial preventative physical exam (Welcome to Medicare Physical Exam)	physician (PCP) \$0 copay for services rendered by a network physician specialist Deductible does not apply.	network primary care physician (PCP) \$0 copay for services rendered by an out-of-network physician specialist Deductible does not apply.
Renal Dialysis (Kidney)		
 Outpatient or physician office (including dialysis treatments when temporarily out of the service area). Home dialysis or certain home support services (such as, when necessary, visits by trained dialysis workers to check on your home dialysis, to help in emergencies and check your dialysis equipment and water supply). Inpatient dialysis treatments (if you are admitted to a hospital for special care). Self-dialysis training (includes training for you and others for the person helping you with your home dialysis treatments). Home dialysis equipment and supplies. 	Prior notice is requested for all members initiating dialysis treatment. For Medicare-covered services: \$0 copay for outpatient or, physician office visits. Deductible does not apply. \$0 copay for home dialysis or home support services. Deductible does not apply. Inpatient hospital copay applies to inpatient dialysis. \$0 copay for self-dialysis training.	Prior notice is requested for all members initiating dialysis treatment. For Medicare-covered services: \$0 copay for outpatient or, physician office visits. Deductible does not apply. 10% coinsurance for home dialysis or home support services. Deductible does not apply. Inpatient hospital coinsurance applies to inpatient dialysis. 10% coinsurance for self-

Covered Services What you must pay for thes covered services		_ •
Important Information	In-Network	Out-of-Network
Renal Dialysis (Kidney) (cont)	Deductible does not apply. \$0 copay for home dialysis equipment and supplies. Deductible applies.	dialysis training. Deductible does not apply. 10% coinsurance for home dialysis equipment and supplies. Deductible applies.
Prescription drugs covered under your medical plan (Part B)		
"Drugs" includes substances that are naturally present in the body, such as blood clotting factors. Drugs that usually are not self-administered by the patient and are injected while receiving physician services. Your Medicare Advantage plan also covers some drugs that are "usually not self-administered" even if you inject them at home. • Drugs you take using durable medical equipment (such as nebulizers) that were authorized by your Medicare Advantage plan • Clotting factors you give yourself by injection if you have hemophilia • Immunosuppressive drugs, if you have had an organ transplant that was covered by Medicare • Injectable osteoporosis drugs, if you are homebound, have a bone fracture that a doctor certifies was related to postmenopausal osteoporosis and cannot self-administer the drug • Antigens • Certain oral anti-cancer drugs and anti-nausea drugs • Certain drugs for home dialysis, including heparin, the antidote for heparin when medically necessary, topical anesthetics, Erythropoietin (Epogen®) or Epoetin Alfa and Darboetin Alfa (Aranesp®) • Intravenous Immune Globulin for the treatment of primary immune deficiency diseases in your home If Part D prescription drug coverage is included with your medical plan, please refer to your prescription drug Evidence of Coverage for information on your Part D prescription drug benefits.	Prior authorization may be required for certain injectables/ infusibles. \$0 copay for Medicare Part B covered drugs. Deductible does not apply. \$0 copay for Medicare Part B covered chemotherapy drugs. Deductible does not apply.	Prior authorization is requested for certain injectables/ infusibles. \$0 copay for Medicare Part B covered drugs. Deductible does not apply. \$0 copay for Medicare Part B covered chemotherapy drugs. Deductible does not apply.

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
Additional Benefits		
Routine foot care Up to four (4) covered visits per year. Routine foot care includes the cutting or removal of corns and calluses, the trimming, cutting, clipping or debriding of nails and other hygienic and preventive maintenance care.	\$0 copay for each routine foot care visit to network primary care physicians (PCP) \$0 copay for each routine foot care visit to network physician specialists Deductible applies.	10% coinsurance for each routine foot care visit to out-of-network primary care physicians (PCP) 10% coinsurance for each routine foot care visit to out-of-network physician specialists Deductible applies.
Hearing services		Deduction applies.
Benefits include: • Routine hearing exams. Routine hearing exam is limited to one (1) per year.	\$0 copay for routine hearing exams. Deductible does not apply.	10% coinsurance for routine hearing exams. Deductible does not apply.
Routine vision care		
• Routine vision exams Routine vision exam is limited to one (1) per year.	\$0 copay for routine vision exams. Deductible does not apply.	10% coinsurance for routine vision exams. Deductible does not apply.
Health and Wellness		
SilverSneakers® You can enroll in this fitness program provided by SilverSneakers®, an independent company. A fitness plan designed especially for Medicare-eligible individuals, SilverSneakers® includes:	\$0 copay for the SilverSneakers® fitness benefit. Deductible does not apply.	

Covered Services	What you must pay for these covered services	
Important Information	In-Network	Out-of-Network
SilverSneakers® (cont)		
 A complimentary basic membership in a participating fitness center in your area. You can use all the services available to fitness center members with a basic membership, such as steam and sauna rooms, exercise equipment and SilverSneakers® classes custom-designed for all levels of fitness. 		
 Opportunities to join in fitness promotions and health education seminars. 		
There is not a separate charge for this program, as long as you only use services available with basic fitness center memberships.		
After you enroll in this Medicare Advantage plan, you will receive a brochure that shows the participating fitness centers in your area and describes how to enroll in SilverSneakers®.		
Contact Customer Service for more information on this program, or visit www.SilverSneakers.com.		
Smoking cessation (counseling to quit smoking) Up to eight (8) face-to-face visits in a 12 month period if you are diagnosed with an illness caused or complicated by tobacco use; or, you take a medication that is affected by tobacco. These visits must be ordered by your doctor and provided by a qualified doctor or other Medicare-recognized practitioner.	\$0 copay for each Medicare- covered visit. Deductible does not apply.	10% coinsurance for each Medicare- covered visit. Deductible does not apply.
Foreign travel emergency and urgently needed care		
Emergency or urgently needed care services while traveling outside the United States during a temporary absence of less than six (6) months. Outpatient copay is waived if member is admitted to hospital within 72 hours for the same condition.	\$0 copay for emergency care. Deductible does not apply. \$0 copay for urgent care.	
Emergency outpatient care	Deductible doe	es not apply.
Urgently needed care	\$0 copay per admission for emergency inpatient care. Deductible does not apply.	
• Inpatient care (60 days per lifetime)		
This coverage is worldwide and is limited to what is allowed under the Medicare fee schedule for the services performed/received in the United States.		

Covered Services	What you must pay for these covered services		
Important Information	In-Network	Out-of-Network	
Medicare-approved clinical research studies			
A clinical research study is a way that doctors and scientists test new types of medical care, like how well a new cancer drug works. They test new medical care procedures or drugs by asking for volunteers to help with the study. If you participate in a Medicare-approved study, Original	After Original Medicare has paid its share of Medicare-approved study, this plan will pay the difference between what Medicare has paid and this plan's cost sharing for like services.		
Medicare pays the doctors and other providers for the covered services you receive as part of the study.	Any remaining plan cost sharing you are responsible for will accrue toward this		
Although not required, we ask that you notify us if you participate in a Medicare-approved research study.	plan's out of poo	eket maximum.	
Annual out of pocket maximum			
All coinsurance, copayments and deductibles listed in this benefit chart are accrued toward the medical plan out of pocket maximum with the exception of routine vision, routine hearing, routine foot care, and any foreign travel emergency and urgently needed care cost-sharing amounts. Part D prescription drug deductibles and copays do not apply to the medical plan out of pocket maximum.	\$3,400		

Covered Services	What you must pay for these covered services	
ADDITIONAL SERVICES Not Covered by Medicare	In Network	Out of Network
Annual Deductible	\$100	
Lifetime Maximum	Not Applicable	
Chiropractic Services		
Benefits are provided for ancillary treatment such as massage therapy, heat and electro-stimulation in conjunction with an active course of treatment. Benefits are not provided for maintenance therapy for chronic conditions.	20% coinsurance after deductible is met	20% coinsurance after deductible is met
Acupuncture		
The services of a licensed acupuncturist or Doctor of Chinese Medicine for acupuncture treatment to treat a disease, illness or injury, including a patient history visit, physical examination, treatment planning and treatment evaluation, electroacupuncture, cupping and moxibustion.	20% coinsurance after deductible is met	20% coinsurance after deductible is met
Chinese herbs and supplements excluded.		
Temporomandibular Joint Syndrome (TMJ)		
Coverage is provided for the treatment of a specific organic condition of or physical trauma to the temporomandibular joint (jaw hinge). Coverage is limited to surgery or injections of the temporomandibular joint, physical therapy, or other medical treatments	20% coinsurance after deductible is met	20% coinsurance after deductible is met
Benefits are not provided for any temporomandibular joint syndrome services not listed as covered in the Covered Services section. Coverage is not provided for any procedure or device that alters the vertical relationship of the teeth or the relation of the mandible to the maxilla. Dental services related to TMJ are not covered.		
Stockings		
Benefits are provided for stockings such as Linton, Jobst and Sigvaris stockings only when provided for post-surgical use or when prescribed for circulatory diseases.	20% coinsurance after deductible is met	20% coinsurance after deductible is met

Covered Services	What you must pay for these covered services	
Wigs/Hairpieces		
Only covered for certain diseases, injuries, congenital or developmental anomalies, or previous therapeutic processes, resulting in temporary or permanent hair loss. Must be ordered by a physician.	20% coinsurance after deductible is met	20% coinsurance after deductible is met
Only covered for certain diseases, injuries, congenital or developmental anomalies, or previous therapeutic processes, resulting in temporary or permanent hair loss. Must be ordered by a physician. Limit two per calendar year.		
Traumatic or surgical scalp avulsion, burns, alopecia areata or totalis. Medical conditions documented by tests and other diagnostic measures resulting in permanent or temporary hair loss. Conditions or injuries being actively treated with an accepted and covered treatment that have resulted in temporary hair loss.		
Note: If covered, wigs/hairpieces are considered to be a prosthetic and would be subject to any product-specific calendar year limits for prosthetics.		
The following is a list of exclusions for wigs or hairpieces due to:		
 Aging. Male pattern baldness or premature old age. Medical conditions which cannot be documented by tests and other diagnostic measures resulting in hair loss. The cleaning and maintenance of hairpieces. 		

Covered Services	What you must pay for these covered services		
Dental Services			
Dental Services Benefits are provided only for the following teeth and jaw services: Setting a jaw fracture; Removing a tumor or cyst (but not a root cyst); Removing impacted or unerupted teeth in a non-hospital or non-rural health center setting; Repairing or replacing dental prostheses damaged by an accidental bodily injury; Treating accidental bodily injury to natural teeth; Emergency stabilization treatment for accidental injury to natural teeth if initiated and completed within 72 hours of the injury or accident; Biopsy and excision of a lesion; Gingivectomy or gingoplasty (per quadrant per tooth); Gingival flap procedure (including root planning per quadrant); Osseous surgery (including flap entry and closure per quadrant); Osseous surgery or graft; single site or multiple sites (including flap entry, closure, and donor sites); Pedicle soft tissue graft; Free soft tissue graft (including donor site); Apically repositioned flap procedure; Excision of partially or completely unerupted teeth; Excision of a tooth root without the extraction of the entire tooth; Suturing of dental surgical incision; Cancer-related dental services; and Other incision or excision of the gums or tissues of the mouth. Some of the services listed above may also be covered under your dental plan.	20% coinsurance after deductible is met	20% coinsurance after deductible is met	